



ONLINE DIGITAL HEALTH PRESCRIPTION TOOL



Apps

<https://mobile.health.mil>
<https://www.ptsd.va.gov/appvid/mobile/>



-  ACT Coach*
-  AIMS*
-  Beyond MST*
-  Breathe2Relax
-  Breathe, Think, Do**
-  CBT-i-Coach*
-  Couples Coach*
-  COVID Coach*
-  CPT Coach*
-  Dream EZ
-  Insomnia Coach*
-  LifeArmor
-  Mindfulness Coach*
-  Mood Coach Explorer*
-  Pain & Opioid Safety
-  PE Coach*
-  Positive Activity Jackpot
-  PTSD Coach*
-  STAIR Coach*
-  Stay Quit Coach*
-  T2 Mood Tracker
-  Tactical Breather
-  The Big Moving Adventure**
-  VetChange*
-  Virtual Hope Box



Military Health Assessments

health.mil/assessments

Take a few minutes to anonymously answer simple questions about common health conditions. Although only a health care provider can provide a diagnosis, these self-assessments provide recommendations based on your answers.

- Alcohol & Drug Abuse
- Anger
- Anxiety
- Depression
- Relationships
- Sleep
- Stress
- Other



Military Health Podcasts

health.mil/podcasts

DHA podcasts provide information and tools to improve wellness in the military community.

-  A Better Night's Sleep
-  Living Beyond Pain
-  Military Meditation Coach
-  Next Generation Behavioral Health

Military Kids Connect

militarykidsconnect.health.mil

An online community where military youth can de-stress and connect with their peers.



Sesame Street for Military Families

sesamestreetformilitaryfamilies.org



Support for military families from Sesame Workshop on deployments, moving, and more.

* These apps were developed by, or in partnership with the U.S. Department of Veterans Affairs.

** Developed by or in partnership with Sesame Workshop.